Moonbeams

BY COLONEL LITTLE
The Smallest Newspaper in the West
VOL. I, NO. 22 Boyes Hot Springs, Calif. Friday, Nov. 25, 1955
By mail: $1 per year. Pickup, free.

Safe-Driving Day is ripe

(DECEMBER 1 IS IT!) in the Valley of the Moon

Nobody'll bet with us any more, 'cause we always pick Michigan State to win. Possibly may find one or two along about January 2 who will want to back the Uclans, but it's doubtful. We're just as good on elections.

THE DRIVE-IN (formerly Merry's, Boyes), now under new management. Open 24 hours a day. The food and coffee are wonderful.

McKinney calls us up to say that "fear of snakes" is expressed by the word "herpephobia." Our list which ran last week gives it as "ophidiophobia." Neither word appears in our dictionary, indicating perhaps somebody should think of that as our Christmas present this year.

PLAZA BARBER SHOP (Bud Thompson), next to Mendel's, will please you with splendid workmanship, latest styling.

The pavement near the Woodleaf corner in Boyes seems about to collapse. It's all wavy and irregular, apparently having shifted. Look for a good-sized repair job in the near future.

VALLEY OF THE MOON CIGARS
Ask for Them — Only Handmade Cigars in the Valley

You've seen the new Italian hairdo on the screen perhaps, but have you seen a real one? We thought they looked like the very old dickens, until we ran across one over at the Sonoma Golf and Country club the other day. And it's cute. On her. She's Ethel Nobly, works in the Fun room of the clubhouse.

Always a good time in store for you at LITTLE SWITZERLAND, El Verano. Old-time dancing Saturday nights. Swiss food.

LARSON'S LIQUOR & SPORTING GOODS
Splendid assortment of suitable gifts for men (especially)

POP & MOM MEDROS are your hosts at BROADWAY CAFE, Sonoma. Hillbilly dances every Saturday. Cafe in connection.

Comes up an anniversary (one year in business). It's on Saturday, Dec. 3, at Rustic Inn, Glen Ellen. And little Ruth says there'll be free eats "and a lot of it." You're invited.

HAMMOND LUMBER COMPANY, Boyes Hot Springs
Get your Lumber, Hardware, Building Materials, right here.

'Nother open house party Saturday night at the Broadway, Sonoma, when both Mom Medros and son Roy will be celebrating birthdays. Again—you're invited.

'QUIETLY LUXURIOUS' means just that! The very best food and drinks, always. Bring your guests. MENDEL'S CAFE, Boyes.

Your Moonbeams had to get printed a day early this week, so if anything happened Thursday that should be in this issue and isn't, it's the fault of the calendar. Up to press time it hadn't been decided what we would be eating on Turkey day. Surely not turkey, because even a little one is too big for two people.

GLEN ELLEN LIQUOR STORE. On Arnold Drive. Complete selection of fine wines and liquors. "SLIM" WALLACE.

Every little while we get calls for back numbers of Moonbeams and always try to dig them up. Have on hand a few (in some cases, very few) copies of all issues. A better plan is for you all to save your copies, stack 'em away, and who knows, they might sometime be valuable. Conversation pieces, anyway.

STEAKS, CHOPS, RIBS, CHICKEN. Barbecued to your order. It's a splendid place to bring your guests. FIRESIDE LODGE.

Mike and Rose have discontinued their little bar at the market and disposed of the stock and fixtures. Very soon now there'll be a good-sized remodeling job in progress and a complete rearrangement of stock. Probably just in time, too, for the floor has become somewhat less than solid, so all the foundations must be strengthened.

BUD'S GARAGE, Calle del Monte, opp. Food Center, Boyes. Your best bet for car repair work of all kinds. Work guaranteed.

RICHFIELD SERVICE in Boyes, Plaza corner. BUD DELANEY will serve you with the finest gas, oil, lubricants, tires, batteries.

We've always maintained our English language is too harsh, that it should be softened every chance we get. Notice recently the prevalence of "Leave us" as opposed to the older "Let us." Probably correct, grammatically, but it's retrogression. Can you imagine a preacher saying "Leave us pray?"

Go out and see FRANK LYNCH, local Valley real estate broker, at beautiful PUEBLO PARK, 2 blocks east of Sebastiani Winery in Sonoma. Nothing down to GIs, only closing costs. FHA and conventional financing to non-vets.

WE HAVE CALLS for furnished and unfurnished homes for rent. List your real estate with WOODS-FRANQUELIN, Boyes Branch.

Thursday, Dec. 1, will be the second annual S-D day, or Safe Driving day. Its purpose is to demonstrate, again, that traffic accidents can be greatly reduced when motorists and pedestrians fulfill their moral and civic responsibility for safety. The president's special committee and many national organizations are cooperating in the effort, and the challenge to every community will be: Not a single traffic accident during the 24-hour period—in daylight or darkness.

GIVE FURNITURE or APPLIANCES for Christmas. A small deposit holds it. SONOMA FURNITURE MART. South Broadway.

RUSTIC INN, Glen Ellen will be glad to see you. GUNNER and RUTH. Unusual in so many ways. Jack London's rendezvous.

You know Spade Cooley? He's quite a TV figure down in the Southland and a pretty good fiddler and all-round comedian. He's written a new song, and already it's been barred in England and all the commonwealth, thereby insuring a mammoth sale for it in record form.

It's called "I Don't Want to Ever Be a Princess," referring we suppose to Princess Margaret. "Spade" says he split an infinitive in the title but he liked it that way to give emphasis. It has a pretty melody, the words are certainly sincere and have a fine sentiment. Bet it sells a million.

You like DRAFT BEER? OUR RESORT, El Verano, has it on tap. Plus EVERYTHING! MELINA and HARVEY FRANCIS.

'Nother letter to the editor this week. We like 'em and could use more. Why don't you write us a letter? Better yet: Send along a dollar and send Moonbeams to a friend or relative for a Christmas present that'll be appreciated for a whole 52 weeks? Just address Moonbeams, Boyes Hot Springs, Calif.

Try GEORGE for MEATS at FOOD CENTER. Boyes. Real reputation for stocking only the best. Fresh crabs, now.

BOYES VARIETY STORE. Gift center, including Toyland. Your entire list may be well taken care of right at home.

BOB'S CIGAR STORE, Sonoma. For Christmas, give cigars, cigarets, pipes. Fancy wrapped. Everybody'll be happy.

GALLO'S CHEVRON SERVICE. Agency for Plymouth and DeSoto cars. Good used cars, too. Mechanic on duty every day.

Our choice for the one to supersede Ol' Bing in his particular type of singing is Perry Como. Other possibles might be Dennis Day or some of the opera stars who seem to switch to the popular songs whenever they get a good chance.

BOYES SPRINGS FOOD CENTER. A complete market. Large stocks of groceries and meats. Take-out License. Fast service.

MOVING? Finest service—local or long distance, right here in the Valley. CLOUSE'S DELIVERY SERVICE. Phone WE8-2467.

Aside from Christmas shopping (which we almost always do early, December 24), the coming four weeks in some ways are mighty dull. The baseball season is over, and so is football, with not much of anything to read in the sport pages. But we can begin picking up the 1956 calendars, and surely can get hold of some seed catalogs.

Car sickness is that feeling you get every month when the payment falls due. VALLEY WATCH REPAIR, Boyes Hot Springs.

ROZARIO'S PALMS INN, Verano. Bring your guests here for those "special days," now right upon us. Splendid service always.

Re-reading a lot of our old books, now that we can see again. (Remember, a year ago we carried that white cane?) Latest to be started is "A Daughter of the Land" by Gene Stratton-Porter, who wrote "Freckles," "Girl of the Limberlost" and many others. Got the book in 1918 and it's getting pretty well worn out and needs binding. Wonder why a good bookbinder couldn't make money in the Valley?

SONOMA GROVE, Hiway 12 south of Boyes. Finest Italian meals. Finest steaks. Finest cocktails. You'll like everything!

CHRYSTAL'S SMART SHOP, Plaza Center Bldg., Boyes Springs
Smart Apparel for Women Casual Wear Separates

How's your camellia? Note many are showing up fine in the way of buds, indicating a wonderful showing a little later in the season. Some shrubs are sending out tender new leaves, too.

POWDER BOX BEAUTY SHOP now on Arnold drive next to Ellis Service. All new equipment. Same good service. "MAC" BOM.

SONOMA GOLF & COUNTRY CLUB is the show place of the Valley. Bring your guests here for breakfast, lunch, dinner. Cocktails.

Now they're singing "The Bible Tells Me So." Many semi-religious songs are having wide popularity right now, but on the Bob Crosby show this week they sprang one all done in ragtime, "The Lord Is a Busy Man." Sounded something like the spirituels, had a fine swing, and may get up in the "hit" group.

EL VERANO LUMBER & HARDWARE. Pittsburgh Paints. Complete stocks of Building Materials and Hardware. Ph. WE 8-2289.

FIELDS UNION SERVICE, Main Corner, Boyes. Union Oil products. Experienced mechanic on duty. Guaranteed service.

Miss being able to go out to a cider mill and buying a gallon or so during the fall season. The sweet variety, that is. Never got to like hard cider—tastes too much like vinegar. This also is the season for cracklin's, but the younger generation wouldn't know what they are. Used to fill our pockets, and eat 'em most of the day. Teacher never caught us, but they make a mess of your coat pocket.

Order Now! From The ADOBE DRUG Your Christmas Cards
417 First Street West SONOMA Phone WE 8-2971
JUNIOR'S BOYES SPRINGS RESORT. New management—Bart J. Seman, John B. Seman. Same fine beverages. Good food, too.

Where do you think the west begins? In Illinois and Michigan we considered ourselves midwesterners, with the east starting with Pennsylvania; anything west of Iowa was the west, Omaha real west, Denver deep west; the coastal region practically a foreign country.

But out here, just about everything beyond the Rockies is east. All depends upon your origin, looks as though.

SOL D. BECKER SELLS REAL ESTATE—
Every Once in Awhile
EL DORADO HOTEL in Sonoma is noted for its fine Italian dinners, its old-time atmosphere. JOHNNIE MERLO on duty

Once as a little kid we had a most awful toothache. Our ma came to the room to comfort us. Asked where it hurt the most, and we told her "tummyache." So she plied us with proper nostrums for such a condition. Why didn't we tell her the truth? Scared to death of dentists and never wanted to see one, a feeling not entirely conquered even yet.

VALLEY DRUG STORE, Boyes, is your best headquarters for Christmas gifts. Cards. Varied stocks, in quantity, right now.
LEE STARRETT, Masseur, at Bathhouse, Boyes. Massages, slenderizing. You'll look and feel better. Make it a habit.

Painting contractor Bill Russell has (or had) a black cat. He jumped down from a high place in the garage kerplunk into an open can of white paint, so now he's a curious looking cat. The paint dried fast. Water won't touch it, and the usual paint removers would likely harm the delicate skin of the befuddled feline, who is trying in his own way to remove the paint from every little hair, one by one. Maybe a quick shave would be the best answer.

MIKE & ROSE'S BOYES SPRINGS MARKET, for those luscious steaks you've heard about. A complete market. Many Specials.
B & L LAUNDROMAT, Fetters, is a lifesaver in this snappy weather. Bring in your laundry, have it all done in a half hour.

From Art Rosenbaum's column:

Scene at Tanforan last Saturday. Two prominent men-about-Powell-street paused in their study of a form chart to make a wager on the Cal-Stanford game.

Just as they were soliciting a third party to be stakeholder, a San Francisco police inspector, with a fistful of pari-mutuel tickets in his hand, identified himself and stopped the transaction.

"You fellows oughta know it's against the law to gamble," he warned.

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DENNY'S C O G CLUB gets more popular every day. Drop in and you'll discover the reason. It's friendly and congenial.

SONOMA MISSION INN, Boyes Springs. Splendid setting for banquets or for your out-of-town guests. Splendid food.

COMES THIS WEEK'S 'LETTER TO THE EDITOR':

Dear Editor Little:

My family and I enjoy and appreciate your Moonbeams so much. It is delivered to me personally in Oakland each week by my son-in-law who spends each weekend in your Valley. I look forward to receiving and reading it and we have had several lively family discussions about some of your items.

We were particularly interested in your article about a new name for the incorporated city. We like "Jack London" but like "Moon Valley" even better. After all it was the Valley of the Moon that attracted Jack himself to this location. He did much to make it famous and should be honored with a state park or recreation area. But so far as the name of the city goes, we think even he would like "Moon Valley," California, to become more famous than "Sun Valley," Idaho.

By the way—we like the size of your paper. It was the size that started us reading is, as my son-in-law commutes by bus and picked up a copy of Moonbeams the first time because the size made it easy to read on the bus. Frankly—he did not expect it to be interesting enough to become "dog-eared" and worn out from being passed around the family when he took the first one, but that is what happened. He now brings six home each week for family, friends, and one for the boys at work.

You had everyone in Oakland running around trying to find pork cutlets one week, and a few of your personal views on controversial subjects have led to heated arguments at his work.

You haven't told us what your favorite cold and flu remedy is yet. Can you print it? We are asking.

We enjoyed Mr. Singh's letter in one of your recent papers. We read his "Parents' Views on Education" in the Valley Review each week and agree whole-heartedly with his ideas. I think he is doing much for the local schools and wish his letters could be printed in other papers also, as so many parents agree with him.

Thank you for helping to make our conversations at home more stimulating and our lives more interesting.

Sincerely yours,
MRS. F. THOMPSON, Oakland.

ROY'S UPHOLSTERY SHOP, Boyes. Time yet to get your furniture looking "right" for the holidays. Prices reasonable.

PAUL'S OLD RANCHERO, Verano. Paul at the organ every night. You can dance, too. Authentically western. Cocktails. Dinners.

SPECIAL AID RAID INSTRUCTIONS

(It's kinda old, but worth a re-reading)

1. As soon as bombs start dropping, run like hell. It doesn't matter where as long as you run. Wear track shoes if possible. If people running ahead of you are slower and fall down, you won't have any trouble passing them or jumping over them.

2. Take advantage of opportunities afforded when the air-raid sirens sound the warning of attack or blackout:

(a) If in a bakery, grab a pie.

(b) If in a tavern, grab a beer.

(c) If in a movie, grab a blonde.

3. If you find an unexploded bomb, pick it up and shake it; maybe the firing pin is stuck.

4. If an incendiary bomb is found burning in a building, throw gasoline on it—you can't put it out anyhow, and you might just as well have a little fun.

5. When the first bombs fall, holler bloody murder. It will add to the confusion, and scare hell out of the kids.

6. It's well to have onions or limburger handy as a snack before entering a crowded air-raid shelter. It may make you very unpopular, but you'll have lots more room for yourself.

7. If you should be the victim of a direct hit, don't go to pieces—just lie still and the sanitation squad will attend to it!

8. If an air-raid warden starts to tell you what to do, knock him down and kick his teeth in.

9. Wardens always save the best seats for themselves and their friends.

(Not to be taken too literally)

DONOVAN at the IRISH INN serves corned beef at its finest, along with tasty sandwiches, lunches and dinners. Beer and wine.

HERBERT COONS CLEANERS, Fetters Springs. Cleaning, Pressing, Repairing. Also Knit Blocking. You'll like our prompt service.

STRETCH, BREATHE RIGHT—AND LIVE LONGER!

Everyone has the same allotment—24 hours. By a little planning and forethought, you can learn how to get the most out of that time; the most in energy, in accomplishment, in pleasure, without rush or exhaustion or anxiety or the confusion that comes with trying to do too much in too little time. The reward of managing time is that you have more time.

How do you manage time?

Begin by setting your alarm clock ahead 10 minutes.

"I am dead tired in the morning," you groan. "Every minute of

sleep is precious. Those early-morning hours are the ones when I sleep the best."

I know how you feel, says an expert in a syndicated article, but this 10-minute leeway is going to be a big help in starting the day right. Once you get used to it you will never willingly give it up.

How are you to use those 10 minutes? By stretching, which will do you more good than the extra sleep. Stretching will help you to overcome the unhealthy morning habits that are at the root of so much tension.

Lie on your back and inhale deeply while you raise your arms, not merely lifting them but stretching them so that you feel the pull in your sides, under your arms and down your back. Exhale while you drop them.

After stretching a few times, turn over on your right side and put your right hand on your right shoulder.

Raise the bent arm toward your head while you inhale. You will feel the stretch all the way down to your waist, through your side and back muscles, so that the ribs on your right side seem to have expanded. This is a sign that this part of your lung, which was dormant and lazy, is beginning to participate more fully in your breathing. Repeat the stretch several times, and then turn on the other side and give your left side this benefit. Your heart will be grateful for the flexibility which your ribs acquire.

After a few minutes of stretching the upper part of your body, lie on your back, inhale and stretch your legs, starting at your heel tendons so that your toes move upward. You should feel the stretch from the heels to the small of the back. This daily repeated stretch will strengthen the lower back muscles in a way that will compensate for the damaging effect of so many hours of sitting. It will also help you to eliminate any lower backaches not caused by internal conditions.

Now is the time to get out of bed. But don't rush. Don't scramble out. That is like trying to start a car in high gear, throwing a strain on your heart and muscles.

Take your time, and inhale as you start to swing up. Keep this in mind too whenever you get up from a chair during the day. Try it first by putting a chair in front of a mirror. Watch yourself when you pull up out of a chair in the old way. Now inhale and see how much your appearance is improved as you swing yourself up. The initiative for this movement comes from the knees.

Remember as you go through the day that you have given yourself a few minutes of extra time. Take time for your bath, and for healthy toilet habits before or after breakfast.